

Castleton Community Center November 2019 Newsletter

Annual Meeting and 2019 Outstanding Volunteer Award

Bud Taggart is the 2019 recipient of our Outstanding Volunteer Award for all his work making our Elderly and Disabled Van Shelter a reality. Bud was responsible for planning the shelter building, ordering supplies, soliciting donations of labor, supplies and dollars, and supervising the construction. At the CCSI Annual Meeting October 22nd, Board President Sharon Kendall presented Bud with a framed photo and quote recognizing his exceptional volunteer service and his name was added to the Outstanding Volunteer Award plaque in the Community Center entrance. Bud read the names of all the donors and volunteers who helped him with the project including: Stanley Patch, Castleton Lions Club, Agnes Lindsay Trust, Peoples United Bank, Scott and Toni Lobdell, Norm Spafford, American Legion Post 50, American Legion Auxiliary, Sons of the American Legion, Mark Beebe, JP Carrara & Sons, Gilmore Home Center, Joe Tomasi, Graham Trudo, Greg Taggart, Jim Lynch, Gary Munnett and Joe Orzell. Our sincere thanks to all!



Holiday Craft Fair Sat. Nov. 9th ~ 9:00-3:00

The Annual Castleton Community Center Holiday Craft Fair features hand-crafted items by local craftsmen. Be sure to mark November 9th from 9 to 3 on your calendar for a chance to do some great holiday shopping. There will be a super selection of one-of-a-kind hand-made jewelry, decorations, clothing and food items. Twenty- three vendors will be displaying their crafts in both buildings. Many of your favorite crafters will be returning this year as well as some exciting new ones. CCC will be selling soups and sandwiches for lunch and will have the Tea Cup Auction. New this year is a gift wrapping table. Buy your gifts and have them wrapped before you leave.



Genealogy Club

“What can DNA tell you about your family history?” Friday 1:00-2:00 ~ November 15

Does this question peek your natural curiosity? If so, then please join us for this very special Genealogy Club event. Biologist Sam Dundon, Ph.D. has graciously offered to share her expertise in this

fascinating aspect of human biology. DNA testing services promise the world and more in exchange for a spit sample and a fee. Dr. Dundon will explain how such services work and the strengths and limitations of the information they provide. A question and answer period will follow.



The 9th Annual Castleton University Baseball Team Thanksgiving Dinner FRIDAY, NOVEMBER 22

The Castleton University Baseball team invites area seniors to a complimentary Thanksgiving Dinner on **Friday November 22** at 12:00. The menu will include Roast Turkey, Gravy, Stuffing, Cranberry Sauce, Mashed Potatoes, Sliced Carrots, Wheat Dinner Roll, and Pumpkin Pie. Not only will you have a great meal, but you will get to know more about these fine student athletes in a great social atmosphere.

RESERVATIONS ARE NECESSARY AND SEATING IS LIMITED.

Call the Center soon at 468-3093 but no later than 9:00 on Monday, November 18th.



Tech Help is Here!

Come join Mackenzie, our intern from Castleton University, on **Tuesday November 12 anytime from 12:30 to 1:45** to learn how to download, set up, and use applications and programs such as Skype, Twitter and other useful programs you would like to know more about! Mackenzie will help with computer/laptop operation as well as smartphones such as androids or iPhones, and any other I.T. questions you may have!



Great Courses

The Great Courses at the Community Center offer educational, entertaining and stimulating lectures and discussions. They bring the world's most engaging professors and world-class experts right to us in video format. Programs begin with a 30minute video, followed by a lively discussion among participants.

America and the World: A Diplomatic History- Wednesdays 1:30-3:00

Facilitated by Joe Mark.

Mark Stoler, Professor Emeritus at the University of Vermont specialized in diplomatic and military history and wrote several books on these topics. The course will explore how and why America was able to shift from a weak 13 colony country to an unprecedented global power and influence.



Game Day! Friday November 1~ 12-2:30

The Community Center will provide a Deli Style Lunch for all game players on Friday, Nov 1st. Sandwiches, salad, dessert and a beverage will be served at 12noon and the games follow immediately after. Members of the CU baseball team will join us to add to the fun. There will be a variety of board games, cards and our popular action games: Nintendo Wii Bowling and Putting Green. Lots of door prizes and laughs for all who come to play! **Please call 468-3093 by Wed. October 30th to make your reservation.**



FOR ALL OUR SNOWBIRDS

Please let us know your winter address and the dates you will be leaving and returning if you want to receive the Newsletter while you are in the sunny south. Most 3rd class mail does not get forwarded so help us reduce the cost of undeliverable mail by updating your info.



TWO CHANCES TO WIN! 100 GALLONS OF HEATING FUEL

Drawing Wed. Dec. 18th
at the Castleton Community Center

100 gallons of heating fuel from Johnson Energy (oil or kerosene). * OR
100 gallons of heating fuel from Sam's U-Save Fuel.*

**For home delivery in Rutland County between December 2019 & April 2020*

If you do not use fuel as a heating source you can receive
a cash equivalent of 100 gallons at wholesale price.

Tickets are available at the Community Center or go to our website to print tickets
www.castletoncsi.org

SASH PROGRAM

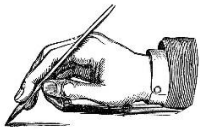
November 18th 11:00

Great Ways to Meet People



Lynn Tucker, from the Rutland County Sheriff's Department, will be at the Castleton Community Center on Monday, November 18th to provide you with information on how to meet new people. Lynn will discuss the importance of friendships and socialization, and how to start a conversation with someone you don't yet know.

Attending this program is a great first step! This is a FREE program and ALL are welcome to attend. For more information please contact SASH Coordinator Colleen A. Loper, MSW at 802-417-7456.



Creative Writing Workshop Tuesdays 3:00-4:30

A **Creative Writing Workshop** facilitated by Joyce Thomas, recently retired Professor of English at Castleton University and an award-winning poet, meets on Tuesdays 3:00-4:30. Subjects and types of writing are wide open--memoirs, short stories, poetry, that novel you have hidden inside you. The workshop will be about sharing one's writing and ideas, and will be designed as a sounding board to help inspire writers to move forward with their projects.



Ukulele Club

The Ukulele Club of Rutland County meets in the "Wellness Center" at the Community Center on the **first and third Thursday of each month**. A beginner's session starts at 6:00 and the more advanced group plays from 6:30-8:30. The meeting is free and open to all fans of the ukulele who want to learn or

already play the ukulele. Songs will be taken from “The Daily Ukulele,” which is available online and in music stores. Attendees should bring a music stand. For more information, call Sheila McIntyre (345-9100) or Deb Franzoni (603-252-6150). If you plan to attend, please email watchpointvt@aol.com or debfranzoni@gmail.com. Please note: If the program is cancelled, you will receive an email by 3:30. You may call the Center between 3:30 and 4:00. (468-3093)



Guitar Lessons

Mekenok offers two sessions of guitar lessons on Mondays. Beginners lessons are from 11:00-12:00 and Intermediate lessons from 12:00-1:00. You must bring your own guitar. These lessons are FREE. Call the Center to register.



Coffee Hour

Each Friday morning from 9:00-11:00, the Center holds a free coffee hour open to all with some homemade goodies, hot brew and good company. Come join us!



Welcome to AmazonSmile!

If you make purchases on amazon.com you can support the Community Center by registering the Castleton Community Seniors Inc. as your chosen non-profit. and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. Remember, always start at smile.amazon.com

Vermont Center for Independent Living

There is a statewide program administered by Vermont Center for Independent Living (VCIL) for individuals who are low-income and cannot communicate by conventional telephone due to a disability. They may be eligible to receive equipment at **no cost**. More information and applications can be downloaded from their website www.vcil.org or pick up a brochure at the Center.

Wellness Center Programs and Activities

Exercise is Medicine!



Walking Trail

Whether walking for exercise, recreation, or simply enjoying a quiet stroll in the woods, walking is a great way to ease back into a more active lifestyle. Incorporate a walk on our trail into your daily routine and discover for yourself the easy pleasures and improved physical condition a trail walk can provide.

If you enjoy walking with others, a WALKING GROUP meets on Wednesdays at 9:30 at the CCC Walking Trail. All are welcome!



Tai Chi

Tai Chi routines are safe, easy to learn and suitable for every fitness level. Benefits of practicing Tai Chi include reduced stress, increased balance and flexibility, relaxation and improved overall mind, body and spirit. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life through mental and physical well-being. Class size is limited. **Free**

Tai Chi at CCC

Tuesday 1:30-3:00 –Falls Prevention Practice (Full Form), Tai Chi for Diabetes

Thursday 10:45-11:30 - Falls Prevention Practice (Full Form)

Thursday, 11:30-12:30 - Falls Prevention- Beginner

NEW SUN 73 CLASS Thursday 1:15 –starting Nov. 7

Circuit Works

Circuit Works is a training program that will target all the major muscle groups with strength and flexibility exercises. The class will work with bands, tubing and weights to add resistance; the bike and treadmill for cardio and the exercise ball and mats for core. Class size is limited. Register by calling 468-3093. **Free**

Dance Your Way to Health Mondays 4:00-5:00

Using Aerobic Dance components, this class is designed to burn calories and build heart strength. We will use a combination of dance steps that are fun and easy to follow. If the big gyms intimidate you, come to the Community Center Dance Your Way to Health class. This class is limited to 10 people and individuals are encouraged to work at their own pace. It's fun, non-threatening and will keep you moving! Register by calling the Center at 468-3093. **Free.**

Bone Builders Tuesday and Thursday mornings 9:30 to 10:30

The Community Center hosts the RSVP Bone Builders Osteoporosis Prevention Exercise Program. This innovative program provides strength training and balance exercises and education that can help prevent, reverse or alleviate osteoporosis symptoms. The program uses light weights for resistance training to increase both bone and muscle strength. **Free**

Better Balance Monday, Wednesday and Friday from 10:00 to 11:00

This program to prevent falls is for men and women of any ability level. Exercises are based on the approved Matter of Balance Program and are safe and easy to moderate. No weights or exercise equipment needed. **Free**

Tai Chi

SUN 73 & Yang 24 full practice - Monday 5:15-6:15pm

Yang 24 Instruction - Mondays 6:30-7:30

\$5 per session. For more information and to register contact Laurie at ldknauer@comcast.net or 802-558-6714.

Yoga - Wednesdays 8:30 – 9:45

Classes are \$20 for 4 weeks. Call Christine Brown for registration. 802-273-2078.

RAVNAH Foot Clinic

The Rutland Visiting Nurses and Hospice Foot Care Clinic is held at the Castleton Meadows the 2nd Thursday of each month at 12:30

Welcome New Members

Gloria Killary

Lynn Gee

Mary Woodman

Jan Jones

Marcia Anderson

Maureen Young

November Birthdays

Nov. 1 Bill Wood

Nov. 2 Peggy King

Nov. 3 Daria Durling

Nov. 4 Shelia McIntyer

Nov. 5 Grace Calvin

George Goodwin

Nov. 7 Louise Cousineau

Dennis Fortier

Tom Manovill

Nov. 8 Dan Calvin

Maureen Faryniarz

Nov. 10 Jeanne Tobin

Nov. 11 Holly Hitchcock

Floss Sulik
 Nov. 13 Milton Blackwood
 Nov. 15 George Davis
 Nov. 16 Ben Boss
 Kevin Durkee
 Sylvia Markcrow
 Nov. 17 Marcia Anderson
 Linda Squier
 Nov. 18 Joe Squier
 Nov. 20 Colleen Grenier
 Charles Roundtree
 Diane Trapeni
 Nov. 22 Bill Egner
 Nov. 24 Sharon Bales
 Shirley Burton
 Sherry Herrick
 Joan Thomas
 Nov. 26 Winnie Levitre
 Maisie Wood
 Nov. 27 Roberta Kemnitzer
 Nov. 28 Concetto Poalino Jr.
 Nov. 29 Debbie Rosmus
 Lew Tezak

**SPECIAL BIRTHDAY DINNER!!!
BISCUITS & BINGO**

On **Tuesday, November 19th** we will celebrate all this month's birthdays with a delicious chicken & biscuits dinner FOLLOWED BY BINGO BLAST! There will be balloons, a 50/50 raffle, gifts for the birthday gal or guy AND PRIZES FOR BINGO WINNERS! RESERVATIONS MUST BE MADE BY 9AM MON.NOV. 18TH.

Essential Shopping Mondays

Plan your essential needs shopping trips for Monday afternoons. Our bus will begin pickups in Fair Haven and Castleton at approximately 12:30. You will have approximately 1 ½ hours to shop. The Center's van service is free for adults aged 60+ or any disabled individuals. Donations are appreciated. Call the Center by Friday if you want to be on the ride list.

Week 1	Nov. 4	Hannaford's/Aldi's
Week 2	Nov. 11	Price Chopper/Wal-Mart
Week 3	Nov. 18	Shaws/Pruniers
Week 4	Oct. 25	Price Chopper/Wal-Mart

WHAT'S HAPPENING AT THE CENTER

Knitter's Network

The Knitters Network meets the second and fourth Mondays of each month at 10:00 in the Castleton Community Center Library. If you prefer to knit at home, call the Center and we'll tell you how you can use your talents to help others. Everyone is welcome.

The **Operation Doll** meetings are held the 4th Monday of the month. Donations for our RSVP doll project are always welcome and needed.

Learn to Knit Members of the Knitters Network will be on hand to help people learn how to knit or crochet every Thursday from 9:30 to 11:00. All are welcome to join in on these lessons whether you want to learn as a beginner or just need a review.

Mah Jongg

Mah Jongg, similar to the western card game rummy, is a game of skill, strategy, and calculation and involves a degree of chance. This game is played with a set of 144 tiles based on Chinese characters and symbols. Come on Fridays from 9:30 – 11:00 and join in the fun.

Scrabble

Scrabble widens the vocabulary, helps you strengthen your spelling skills and is good “brain aerobics.” It’s a win, win! So come join our Friday morning Scrabble Group. We start at 11 am.

Sewing Circle Meets on Mondays

Monday afternoon from 1:00 – 3:00, you are invited to join folks at the Center who are working on a variety of projects including quilting, needlepoint, rug hooking, and a variety of other projects. Drop in for the joy of working together. The group includes many experienced crafters who can lend support and inspiration!

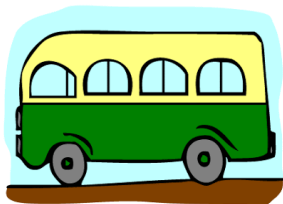
Children’s Comfort Blanket Project – Donations of new, homemade blankets in sizes suitable for infants to teens are needed. The Children’s Comfort Blanket Project distributes these blankets to children who are sick, needy or traumatized. Contact Kathy Budd at 802-438-5180 for more information or to let her know of a youngster in need. Donations may be dropped off with the Monday Sewing Circle here at the Center.

PLAY BRIDGE ???

Whether you are a new player, intermediate player or advanced player, you can enjoy an afternoon playing bridge at the Center. Join a friendly game of Rubber Bridge Monday afternoons from 1:00 - 4:00. Call Marion at 802-273-2140 for details. You are welcome to stop by any Monday afternoon to watch or play.

PINOCHLE PLAYERS WANTED!

Come join us at the Center on Fridays at 11:00 following Coffee Hour.



Castleton Community Seniors Van Service

The Castleton Community Center transportation program is part of the Federal Elderly and Disabled Transportation Program. Participants must be 60 years or older and/or disabled. The vans are equipped with a wheel chair lift. The Castleton Community Center bus picks up riders in Castleton, Hubbardton, Fair Haven and Poultney. We can transport people to medical appointments, physical therapy, critical

care appointments, essential shopping, hair appointments, pharmacy, senior meal sites, wellness programs and adult day care.

The driver's responsibilities are to get the passengers from one location to another safely. The driver may help passengers on or off the bus but is not allowed to enter a person's home. **If you need assistance, you will need to have a companion ride with you. To schedule an appointment or for more information call the Castleton Community Center at 802-468-3093. We require 24 hour notice for rides to make an accurate schedule.**



Bottle & Can Redemption Bin

Bring your redeemable bottles and cans to the Center and drop them in the handy bin located at the back of the Wellness Center. We'll redeem them and all proceeds will be used for Community Center programs. Or you can take them to Beverage King and tell them they are for the Community Center account. Thank you!



Cartridges for Cash

Thanks to all who have been bringing used printer cartridges to the Center for recycling. Recycling is an effective alternative to trashing our environment and an easy way to help the Center raise funds for our programs and services. **KEEP UP THE GOOD WORK!**

Magna Vision TV

The Vermont Association for the Blind and Visually Impaired has provided Magnavision TV for our members and guests. The Magnavision TV is used to enlarge documents so the visually impaired can easily read them. It is also very helpful for balancing checking accounts. The set is located in the front hall and is available Mon. through Fri. 8:30 – 4:30.

The Mentor Connection

The Mentor Connections is looking for people to help with the Youth Mentoring Program and the Family Mentoring Program. The Youth Mentor volunteers will be matched with a local child and are asked to meet once a week for one hour for a 1 year commitment. The Family Mentors assist parents/guardians who are in an Opioid Recovery Program by designing a plan to help the family with their goals toward being self-sufficient in the community. This is a 1 year commitment and has a stipend of \$2000.00 for a 5-7 hours per month.

If you are interested or have questions, contact Ryan Maines, Mentor Coordinator. Phone: 802-775-3434 email: ryan@mentorconnector.com website: www.mentorconnector.com

Osher: Lifelong Learning Institute of UVM

Fall Series: Variety

Nov. 1 – Gold Panning and Vermont Gold Rush of 1855, Randy Archer

Nov. 8 – Beyond Charlotte's Web: E.B. White for Adults and Teens, Katherine Hall

Nov. 15 – Red Square in the Green Mountains: Vermont in the McCarthy Era, Rick Winston

Nov. 22 – Scandinavian Songfest & 500th Lecture Celebration!, Nordic Harmoni

These programs are held at the Godnick Adult Center on Fridays 1:30-3:00. For program information and directions call the Godnick Center at 446-2041. Purchase of a \$40 membership card entitles you to attend all twelve sessions during the winter 2014 term. Non-members may pay \$5 at the door for each session.

Learn to Earn

Associates for Training and Development administers the Senior Community Service Employment Program (SCSEP), which helps older adults get back into the workforce by providing paid occupational skills and workplace experience training. Geared specifically for income-qualified workers age 55+, the purpose of SCSEP is to provide training and skill building opportunities to program participants while providing much needed community service to local non-profits such as the Castleton Community Center. If you think you might qualify, please call the local SCSEP office at 802-282-4425 or visit their website at www.a4td.org

LET'S DO LUNCH!

The Castleton Community Center senior meal program provides a great opportunity for adults in our community to enjoy a delicious three course dinner and the company of others. Socialization and good nutrition are an essential part of a healthy lifestyle, plus it's a nice break from having to prepare a meal and then eating alone.

If you have not been to the Community Center for lunch, consider yourself invited! Meals are provided 3 days a week (Monday Tuesday and Wednesday). An anonymous and voluntary donation of \$4 for adults 60+ (or disabled individuals) is requested. Guests are welcome. Non-senior guest's meals are \$5. Copies of our Newsletter listing all the activities offered at the Center are available, and staff will be there to answer any questions you might have about our programs and services.

Reservations are required a day ahead, so be sure to call the Center 468-3093 to reserve a meal. If you need transportation to the dinner, our van service is available for seniors (age 60+), but you must call the Center 468-3093 by 9am the day before to reserve a ride.



FIND US ON THE WEB www.castletoncsi.org

Our thanks to Matt Riley for updating our site each month.

November 2019 Calendar of Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Game Day 12-2:30	2
3	4 Better Balance 10-11 Guitar Lessons Beg. – 11-12 Intermediate 12-1 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 TC 73 & 24 5:15 Yang 24 6:30	5 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3:00-4:30	6 Yoga 8:30-9:45 Walking Group 9:30 Better Balance 10-11 LUNCH 12:00 Great Courses Diplomatic History 1:30-3:00	7 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Fall Prevent. Tai Chi 11:30-12:30 SUN 73 Tai Chi 1:15 Ukulele Club 6:00 -8:30	8 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00	9  Holiday Craft Fair 9-3
10	11 Better Balance 10-11 Knitters Network 10:00-11:00 Guitar Lessons Beg. – 11-12 Intermediate 12-1 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 TC 73 & 24 5:15 Yang 24 6:30	12 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4:30	13 Yoga 8:30-9:45 Walking Group 9:30 Better Balance 10-11 LUNCH 12:00 Great Courses Diplomatic History 1:30-3:00	14 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Fall Prevent. Tai Chi 11:30-12:30 SUN 73 Tai Chi 1:15	15 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Genealogy Club DNA Presentation 1:00	16
17	18 Better Balance 10-11 Guitar Lessons Beg. – 11-12 Intermediate 12-1 SASH –Meeting People 11:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health Dance for Health 4-5 TC 73 & 24 5:15 Yang 24 6:30	19 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 BIRTHDAY DINNER 12:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4:30	20 Yoga 8:30-9:45 Walking Group 9:30 Better Balance 10-11 LUNCH 12:00 Great Courses Diplomatic History 1:30-3:00	21 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Fall Prevent. Tai Chi 11:30-12:30 SUN 73 Tai Chi 1:15 Ukulele Club 6:00 -8:30	22 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 CU Baseball Team THANKSGIVING DINNER 12:00	23
24	25 Better Balance 10-11 Knitters Network 10:00-11:00 Guitar Lessons Beg. – 11-12 Intermediate 12-1 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 TC 73 & 24 5:15 Yang 24 6:30	26 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4:30	27 Yoga 8:30-9:45 Walking Group 9:30 Better Balance 10-11 LUNCH 12:00 Great Courses Diplomatic History 1:30-3:00	28 HAPPY THANKSGIVING 	29 CCC CLOSED	30

CCC November 2019 Menu

1% milk and garden salad served with meals		
4 Pot Roast w/Gravy Mashed Potatoes Winter Mixed Vegetables Wheat Dinner Roll Peaches	5 Sweet-n-Sour Vegetable Pork Vegetable Rice Pilaf Brussel Sprouts Wheat Bread Applesauce Ice Cream Sandwich	6 Beef Stew w/carrots & potatoes Whole Beets Buttermilk Biscuit Pineapple Tidbits
11 Salisbury Steak w/ Mushroom Sauce Mashed Potatoes Brussel Sprouts Wheat Dinner Roll Pumpkin Bar w/Raisins	12 Chicken, Corn & Potato Chowder Winter Mixed Vegetables Biscuit Carrot Cake w/Cream Cheese Frosting	13 Cranberry Glazed Roast Pork Boiled Red Potatoes Butternut Squash Wheat Dinner Roll Sliced Apples w/Cinnamon
18 Mac & Cheese Diced Carrots Stewed Tomatoes Wheat Bread Peaches	19 BIRTHDAY DINNER!!! BISCUITS & BINGO Chicken-n-Biscuit Mashed Potatoes Winter Mixed Vegetables Birthday Cake	20 Spinach-Ricotta Pie Peas & Onions Wheat Bread Orange Date & Apple Bar
25 Turkey & Vegetable Stew Cut Green Beans Biscuit Mandarin Oranges	26 BBQ Chicken Breast Mashed Potatoes Beets w/Orange Sauce Wheat Roll Pineapple Chunks Cookies	27 Lasagna Rolls w/Marinara Meat Sauce & Mozzarella Cheese Broccoli Florets Melon Ice Cream Sandwich

Requested Donation Seniors \$4.00 Non-seniors \$5.00

Please remember that we must have all reservations by 10:00AM the day before and Friday at 10:00AM for Monday's meal. We try to keep a waiting list in case someone cancels, but in all fairness to others attending, we must have an accurate count in advance. Also, please be kind and let us know as soon as possible if you must cancel a reservation. Remember, the Center is billed for each meal we order, so it is important to call ahead.

Thank you!